Below are some possible topics to discuss with your mentor. Remember, the purpose of your meeting is to gain information, advice, and contacts.

1. **Find out some background information about your mentor:**
   
   Some sample questions and topics include:
   
   - Length of time in current position/organization
   - Major job responsibilities
   - Organizational structure
   - Aspects he/she likes best about the profession
   - Past career path and how he/she got to the position he/she is in today. How did he/she learn about this career?
   - Types of courses that best prepared him/her for this career

2. **Find out more about the profession:**

   - Description of a typical day
   - Likes and dislikes of the job
   - Challenges in the profession or recurring problems within the occupation
   - Rewards of the profession
   - Employment trends
   - Professional associations, networks, online resources that the mentor would recommend
   - General salary information and benefits for the profession
   - Aspects of his/her education or other skills that helped most in the job
   - Technological advances that have affected the job

3. **Get some advice:**

   - Share your background/goals with the mentor
   - Obtain advice about your job search or career path
   - Solicit résumé advice, if comfortable with him/her
   - If you would like more information on the mentor's company/organization, ask for literature or a possible tour, if comfortable with the contact
   - Ask for a referral to another contact person to continue networking
   - Ask for job search advice and tips that the mentor can provide